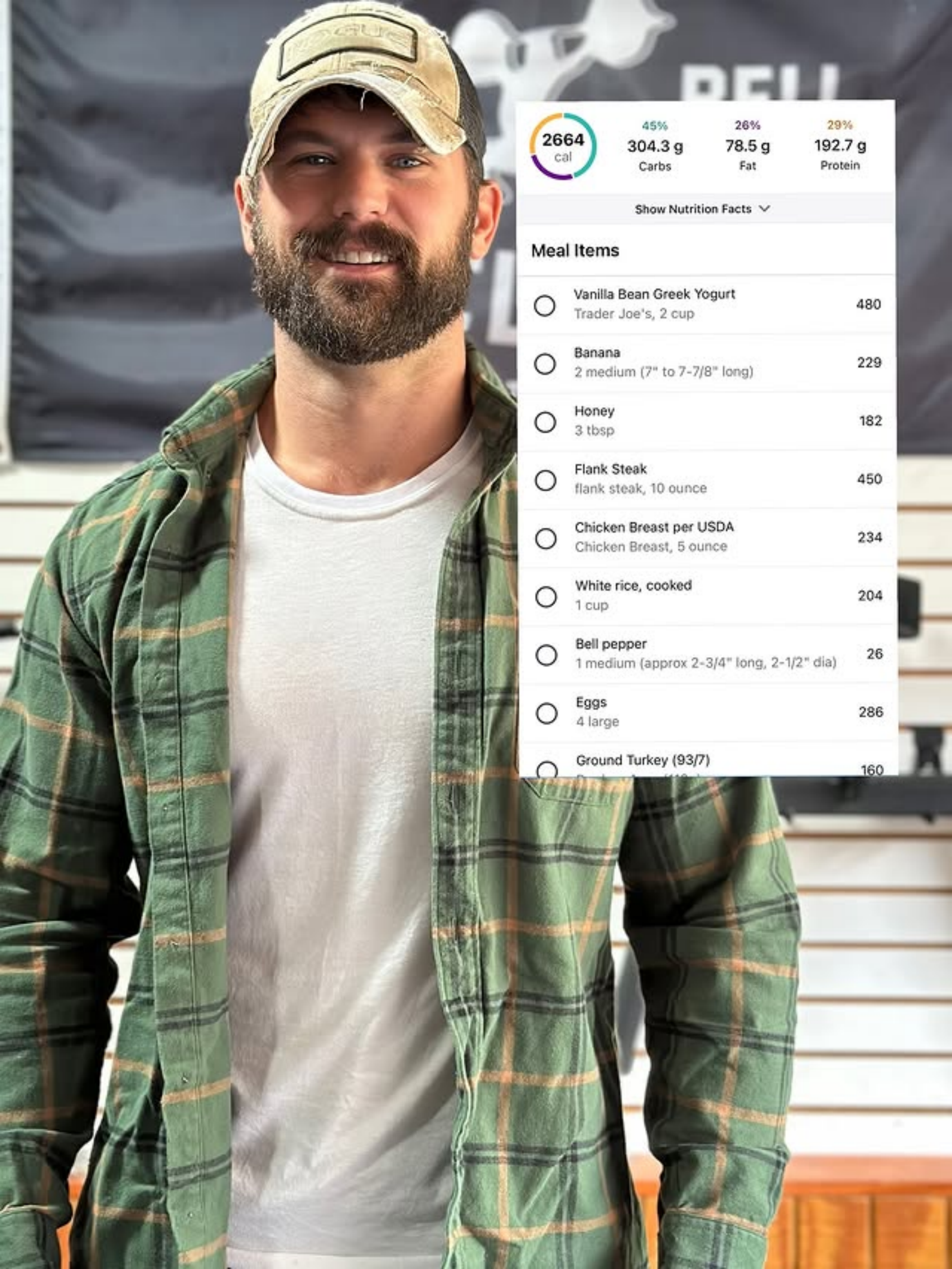




2664
cal

45%
304.3 g
Carbs

26%
78.5 g
Fat

29%
192.7 g
Protein

Show Nutrition Facts ▾

Meal Items

☐	Vanilla Bean Greek Yogurt Trader Joe's, 2 cup	480
☐	Banana 2 medium (7" to 7-7/8" long)	229
☐	Honey 3 tbsp	182
☐	Flank Steak flank steak, 10 ounce	450
☐	Chicken Breast per USDA Chicken Breast, 5 ounce	234
☐	White rice, cooked 1 cup	204
☐	Bell pepper 1 medium (approx 2-3/4" long, 2-1/2" dia)	26
☐	Eggs 4 large	286
☐	Ground Turkey (93/7)	160



FULL DAY OF EATING

A man with a beard and a black baseball cap is performing a squat in a gym. He is shirtless, showing his muscular back and arms. He is wearing tan cargo pants and black sneakers. He is holding a barbell with large black weight plates. The barbell has "45LB" and "RO" visible on the plates. The background shows a wooden wall and gym equipment. The text "IT'S NOT YOUR WORKOUT." is overlaid in white, bold, sans-serif font across the middle of the image.

IT'S NOT YOUR WORKOUT.

A top-down view of a meal on a white marble surface. In the foreground, a white plate holds two slices of golden-brown toast and a portion of fried eggs with melted butter. In the background, a small white bowl contains several slices of peeled, pale yellow apples.

IT'S NOT YOUR DIET.

GROUND BEEF COTTAGE CHEESE GRAPES





ROOZE
BA BELL
UB

Build a Bigger Upper Body

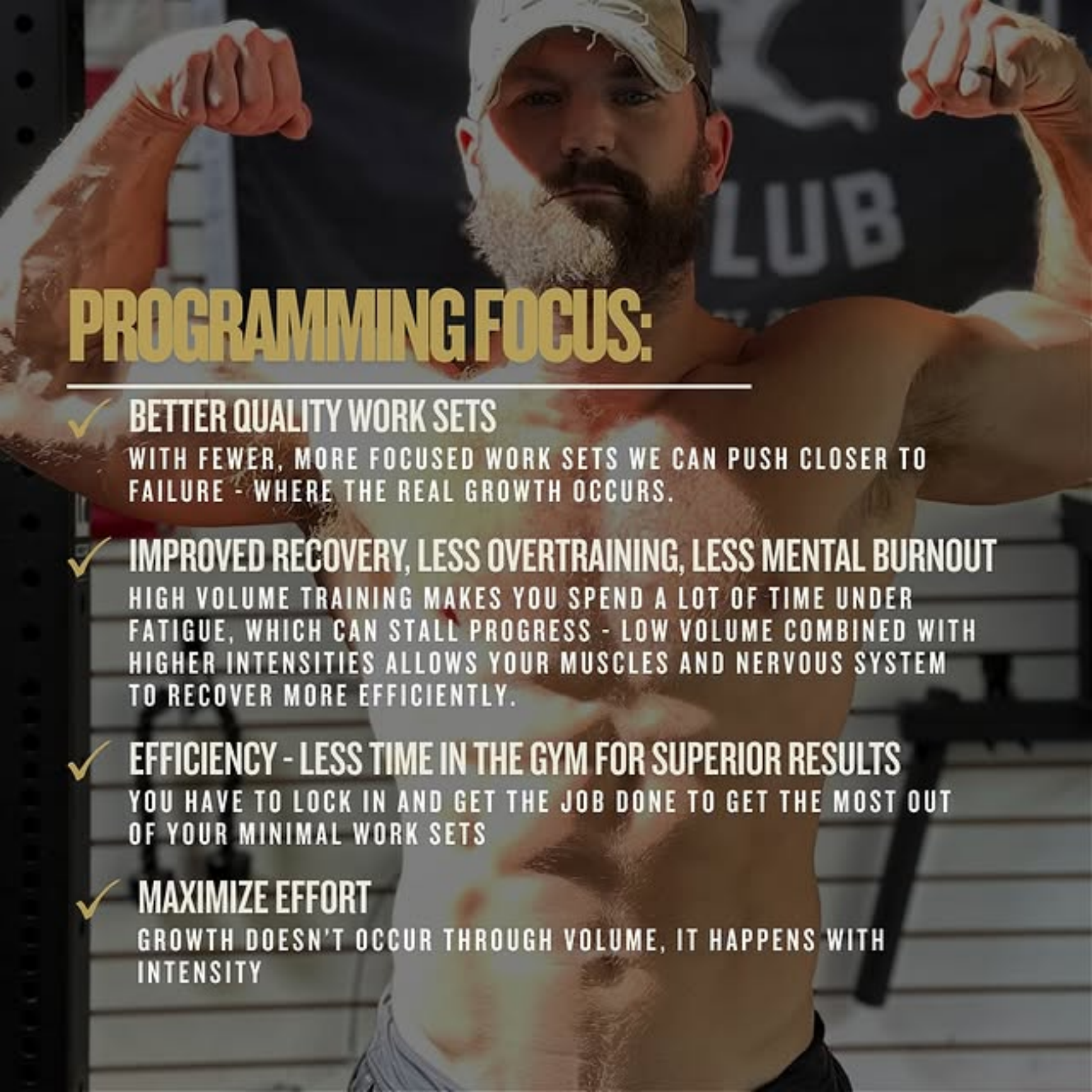
Simple lifts. Hard effort. No bull shit.



I don't want to look like a bodybuilder.



Don't worry you won't. Even bodybuilders struggle to look like a bodybuilder.



PROGRAMMING FOCUS:

- ✓ **BETTER QUALITY WORK SETS**
WITH FEWER, MORE FOCUSED WORK SETS WE CAN PUSH CLOSER TO FAILURE - WHERE THE REAL GROWTH OCCURS.
- ✓ **IMPROVED RECOVERY, LESS OVERTRAINING, LESS MENTAL BURNOUT**
HIGH VOLUME TRAINING MAKES YOU SPEND A LOT OF TIME UNDER FATIGUE, WHICH CAN STALL PROGRESS - LOW VOLUME COMBINED WITH HIGHER INTENSITIES ALLOWS YOUR MUSCLES AND NERVOUS SYSTEM TO RECOVER MORE EFFICIENTLY.
- ✓ **EFFICIENCY - LESS TIME IN THE GYM FOR SUPERIOR RESULTS**
YOU HAVE TO LOCK IN AND GET THE JOB DONE TO GET THE MOST OUT OF YOUR MINIMAL WORK SETS
- ✓ **MAXIMIZE EFFORT**
GROWTH DOESN'T OCCUR THROUGH VOLUME, IT HAPPENS WITH INTENSITY



When someone asks me for training advice and I already know they are just gonna waste my time.

A man in a white t-shirt, grey shorts, and a white cap is performing a heavy squat in a gym. He is holding a barbell with large black Rogue weight plates. The background shows a wooden wall and gym equipment. The text 'ABOUT THE PROGRAM' is overlaid in large, bold, yellow letters.

ABOUT THE PROGRAM

IN SHORT, THIS IS A TRAINING METHOD WHERE YOU LIFT REALLY HEAVY LOADS AND TRAIN VERY CLOSE TO FAILURE WHILE USING FEWER SETS PER EXERCISE. IT PUTS AN EMPHASIS ON MAXIMAL EFFORT AND REALLY PUSHING EACH SET YOU PERFORM TO BE “MEANINGFUL.”



HYBRIDRX - STRENGTH & CONDITIONING

PROGRAMMING FOCUS:

✓ **STRUCTURED STRENGTH TRAINING**

PRIORITIZE FOUNDATIONAL MOVEMENTS LIKE SQUATS, DEADLIFTS, PRESSES, AND PULLS TO MAXIMIZE STRENGTH AND MUSCLE GROWTH WHILE TARGETING WEAK POINTS AND SUPPORTING HYPERTROPHY WITH CAREFULLY SELECTED ACCESSORY EXERCISES.

✓ **A BALANCED APPROACH TO FITNESS**

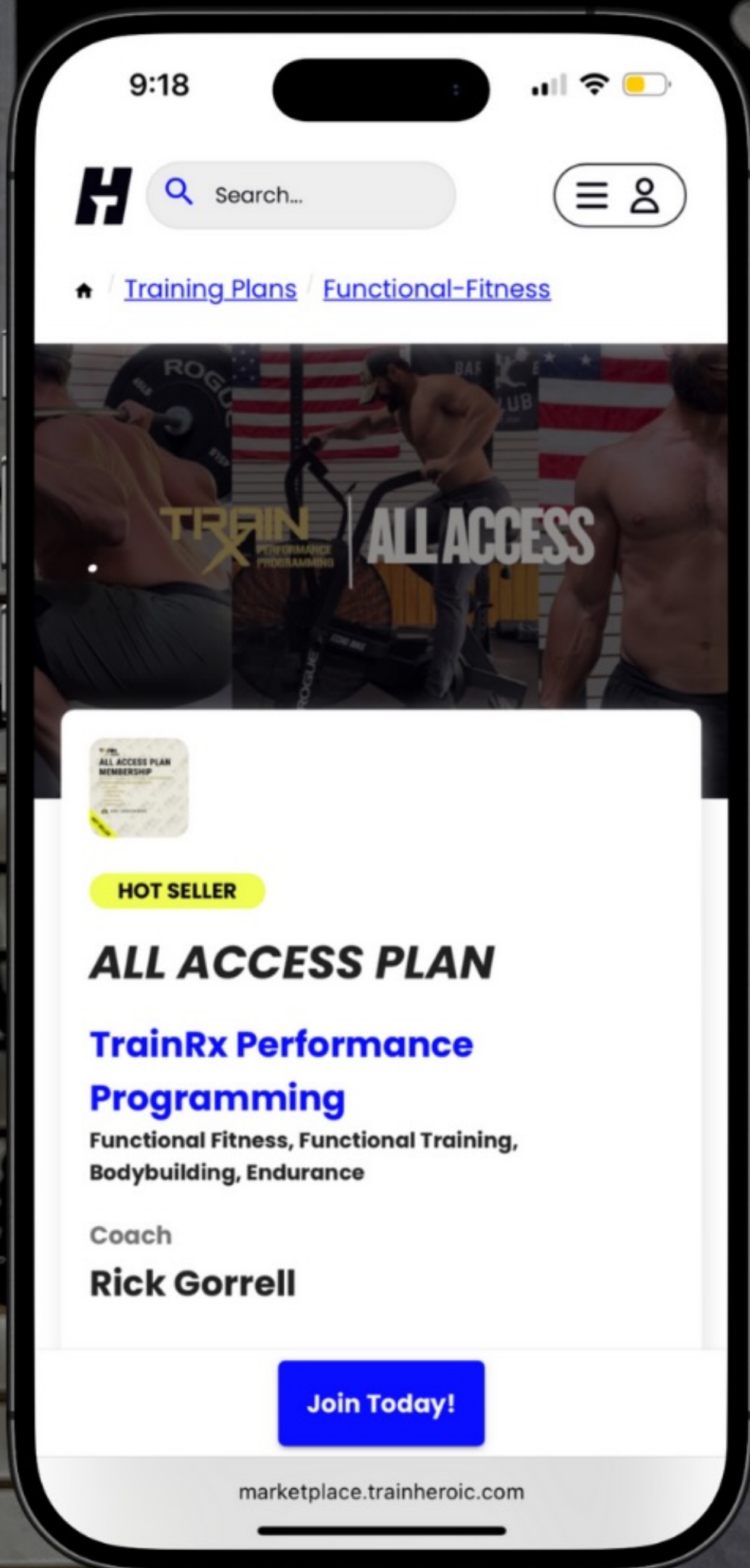
COMBINE STRENGTH, HYPERTROPHY, AND CONDITIONING FOR A COMPLETE ATHLETIC PHYSIQUE.

✓ **EASILY PROGRESS-ABLE**

STRUCTURED PROGRESSION TO CONTINUALLY CHALLENGE THE BODY AND DRIVE CONSISTENT GAINS.

✓ **DAILY CARDIO/CONDITIONING**

BLEND AEROBIC AND INTERVAL STYLE TRAINING TO INCREASE ENDURANCE, INCREASE WORK CAPACITY, AND SUPPORT FAT LOSS.



9:18

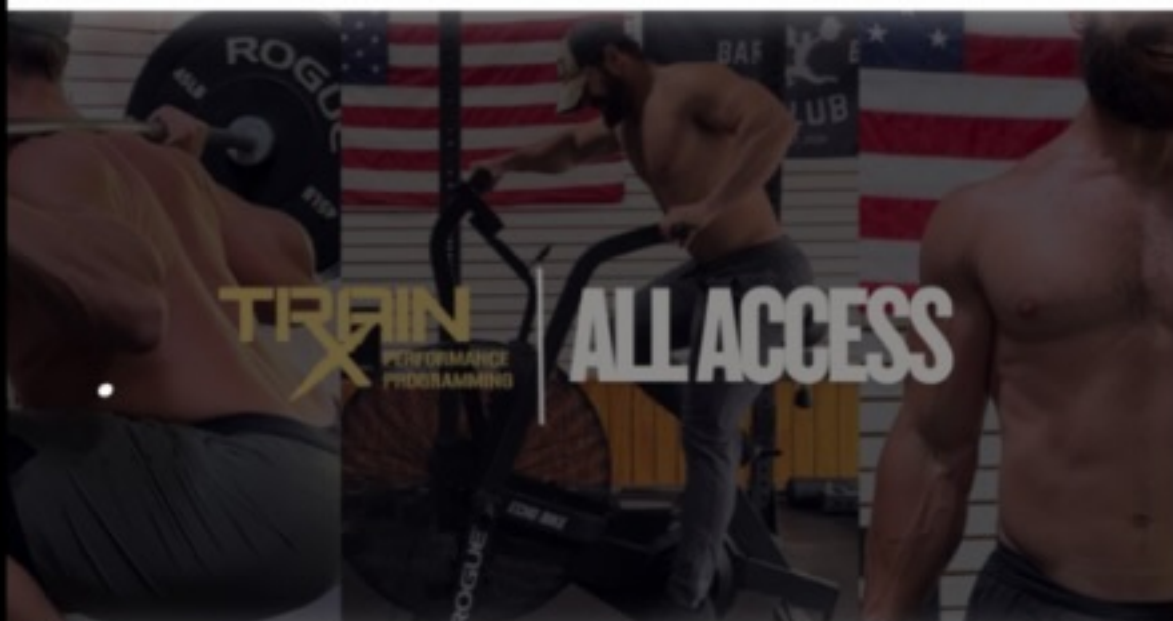


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TRAIN
PERFORMANCE
PROGRAMMING





**Comment “TRAIN” if you’re
ready to get to work.**

A man in a white t-shirt, grey shorts, and a white cap is performing a heavy squat in a gym. He is holding a barbell with large black weights labeled 'ROGUE' and '10LB'. The background shows a wooden wall and a 'ROGUE' logo on a box.

ABOUT THE PROGRAM

IN SHORT, THIS IS A TRAINING METHOD WHERE YOU LIFT REALLY HEAVY LOADS AND TRAIN VERY CLOSE TO FAILURE WHILE USING FEWER SETS PER EXERCISE. IT PUTS AN EMPHASIS ON MAXIMAL EFFORT AND REALLY PUSHING EACH SET YOU PERFORM TO BE “MEANINGFUL.”



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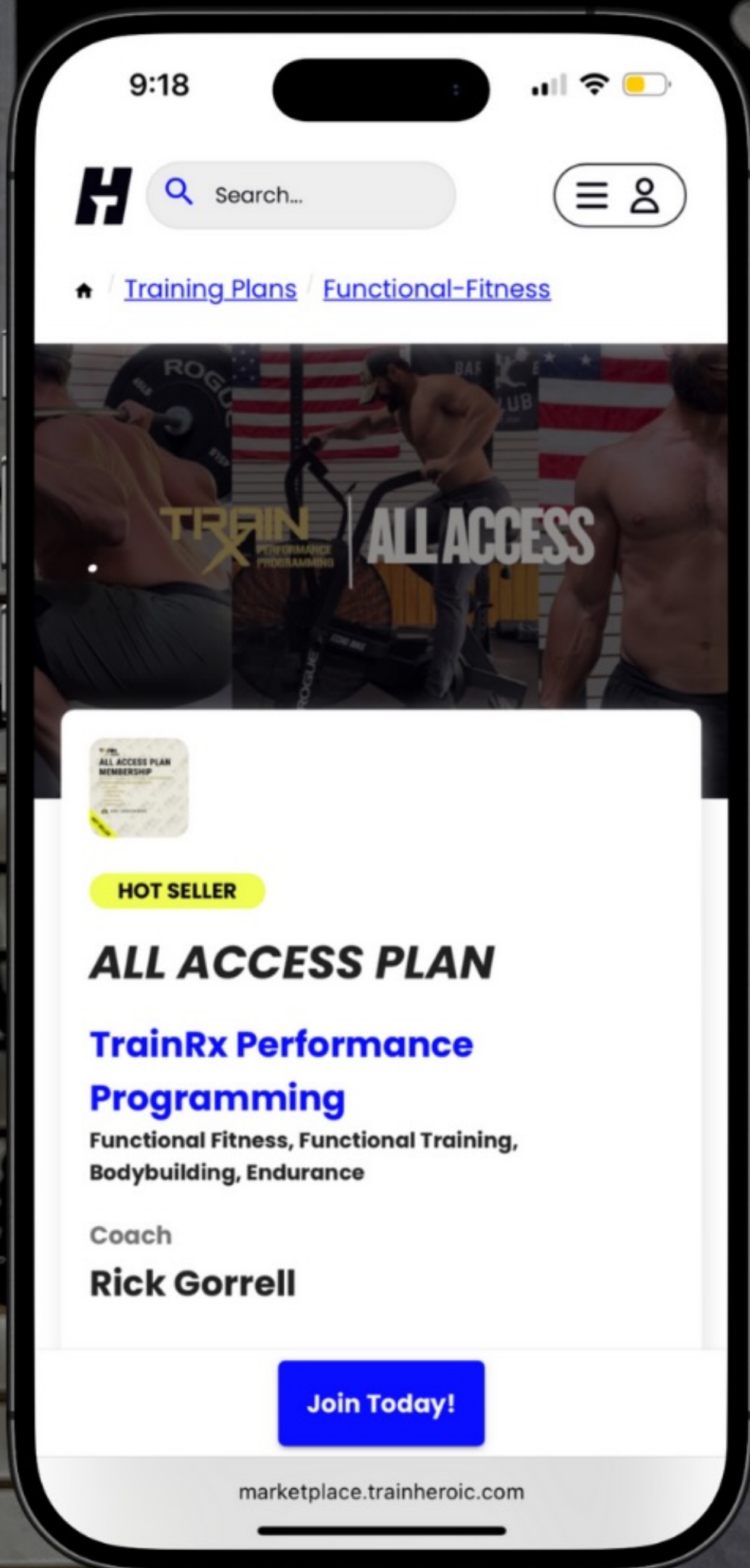
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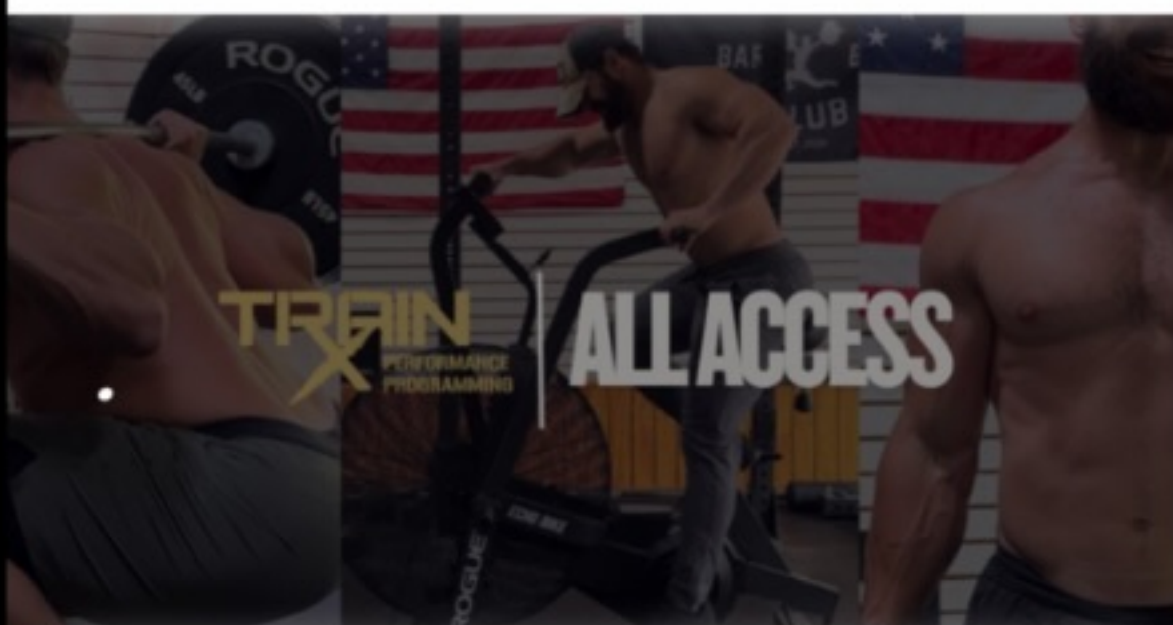
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ready to get to work.**

New training cycles start tomorrow !!



Duckie Man says you better get signed up for it.



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